Last week, I met with a group of students from Elm Place School in Highland Park. These young constituents are concerned about the alarming mercury levels in Lake Michigan and have formed a coalition to educate local residents, seek action from their state and local legislators and find ways to minimize mercury emissions. "Kids Against Mercury" has put together a sheet on what you can do to help. Here are a few of the suggestions:

Use less electricity. If we use less electricity, then we will burn less coal and less mercury will be emitted into the air.

Urge your local power company to include information about mercury emisssions in their billing statements as a public service.

Petition the state of Illinois to give power companies tax breaks for using renewable power sources.

Consider boycotting products that contain mercury. Know what you are buying and what you are eating.

Tell your elected representatives that you support cuts in mercury emisions.